

# WHY IS THIS CHILD OBESE?

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KAISER PERMANENTE

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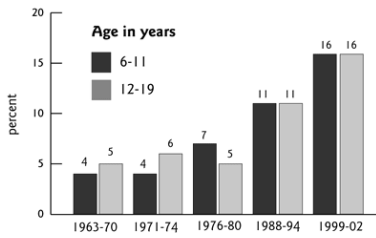
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**Prevalence of overweight among children and adolescents ages 6-19 years**



Notes: Excludes pregnant women starting with 1971-74. Pregnancy status not available for 1963-65 and 1966-70. Data for 1963-65 are for children 6-11 years of age; data for 1966-70 are for adolescents 12-17 years of age, not 12-19 years.  
Source: CDC/NCHS and NHANES.

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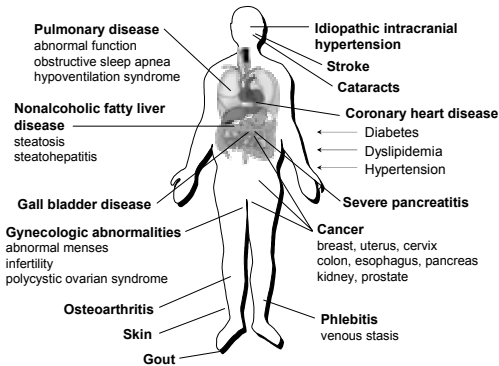
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## Medical Complications of Obesity




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## VP

- 10 y.o. Hispanic Male with BMI>>>95% height 4 ft 8” and wt 165 pounds
- acanthosis nigrans
- Family history: mom is overweight and had gestational diabetes with his pregnancy, grandparent has type 2 diabetes

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## Social History

- He lives with mother and 12 y.o. brother in a low income urban neighborhood
- Parents divorced, history of domestic violence
- Mother works 40 – 50 hours/week
- Her family lives in Mexico
- She feels overwhelmed

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## Nutrition

- Free lunch at school
- 3 – 4 pops/day
- Large portions
- Snacks on hot dogs and sugared cereal
- 0 – 1 servings of fruit or vegetable/day

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## MK

- 12 y.o. BMI 95%, tanner 3 development
- Family history: mother overweight, no history of diabetes

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## Social history

- Lives with parents in a middle-class suburban neighborhood with a lollipop configuration
- Father is a professional and mother does not work outside the home

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## Nutrition

- School lunch: hot lunch, pizza, meatball Subway® sandwiches
- Pop 1 – 2/week (not purchased from school vending machine)
- 5 servings of fruits and vegetables/day
- Restaurant meals 1 – 2/week

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## Activity

- School bus– she walks the 4 minutes to the bus stop, others in neighborhood are driven. School is 5 miles from her home.
- Physical education 2 days/week
- Volleyball at recreation center in fall 2 days/week
- Piano practice 30 minutes/day
- Homework 2 – 3 hours/day

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## Activity

- Television 1 – 2 hours/day (TV in bedroom)
- Bicycles or skis with dad on weekends
- Restricted from walking to neighborhood park and tennis courts without an adult because of safety concerns

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## Biological component

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| <ul style="list-style-type: none"><li>•VP's mother is overweight</li><li>•Gestational diabetes</li></ul> | <ul style="list-style-type: none"><li>•MK's mother is overweight</li></ul> |
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## Environmental component

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| <ul style="list-style-type: none"><li>•VP has P.E. 2 days/week</li><li>•Hot lunch at school</li><li>•No other choices</li><li>•No vending machine</li><li>•Walks 5 minutes to school</li><li>•Television in bedroom</li><li>•Fruits and vegetables not available at home</li></ul> | <ul style="list-style-type: none"><li>•MK has P.E. 2 days/week</li><li>•Hot lunch and unhealthy choices</li><li>•Vending machine</li><li>•Walks 4 minutes to school</li><li>•Television in bedroom</li><li>•Fruits and vegetables available at home</li></ul> |
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## Environmental component

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| <ul style="list-style-type: none"><li>•Unhealthy food at home</li><li>•Nearby park not used</li></ul> | <ul style="list-style-type: none"><li>•Healthy food at home</li><li>•Nearby park and tennis courts not used</li></ul> |
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## Cognitive component

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| <ul style="list-style-type: none"><li>•VP's Mother is inactive</li><li>•Permissive parenting style</li><li>•Single parent</li><li>•Sibling</li><li>•Eats for comfort</li></ul> | <ul style="list-style-type: none"><li>•MK's Mother is inactive</li><li>•Protective parenting style</li><li>•Two parents</li><li>•No siblings</li></ul> |
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## Get more energy! MORE ENERGY MEANS MORE FUN!



- **GET UP & PLAY HARD**
  - At least 30 – 60 minutes a day
- **CUT BACK ON TV & VIDEO GAMES**
  - No more than one hour a day and remove TV from bedroom
- **EAT 5 HELPINGS OF FRUITS & VEGETABLES A DAY**
  - 1 fruit or ½ cup of vegetables = 1 helping
- **CUT DOWN ON SODAS & JUICE DRINKS**
  - No more than 1 can or small cup a day
  - Drink water when thirsty



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